

August is North Carolina Shrimp Month

I do enjoy North Carolina seafood and shrimp is a favorite. Shrimp are quick and easy to prepare in any dish. If you need a large quantity, I recommend asking the seafood market to peel and devein them ahead of time. They are also easy to freeze so you can enjoy them all year long. Just put the shrimp in a container (with the shells on) cover them with water, leaving a little room at the top, cover and freeze. Also remember that 2 pounds of shrimp in their shells will yield about 1 ¼ pounds when peeled. I have also found that I don't usually need as many as I think when feeding a crowd (figure about 1/3 to ½ pound per person). Steamed, marinated, boiled or fried – you just can't beat NC Shrimp!

Clare Turner's Shrimp Casserole Serves 6-8

1 pound medium sized shrimp, cooked and peeled
1 large onion, chopped into a medium dice
1 1/2 cup of raw rice, cooked (measure rice first, then cook)
1 tablespoon butter
1 teaspoon salt,
1 teaspoon pepper
1 teaspoon garlic powder
3/4 cup grated sharp cheddar cheese
1/2 teaspoon lemon juice
1 can low-sodium cream of mushroom soup, not diluted
1 cup fat free sour cream
1 small can of sliced mushrooms, drained
1 large (4 oz.) jar pimento

Directions:

Boil and remove shells from shrimp. Sauté the onion in butter until tender and translucent. Combine shrimp, onion, salt, pepper, garlic powder, cooked rice, lemon juice, mushroom soup, sliced mushrooms and pimentos. Add sour cream and mix well. Pour into a well-greased 9 X 13 flat baking dish and cook at 350 degrees for 30 minutes. Add grated sharp cheddar cheese on top and cook for 10 more minutes until the cheese melts. Serve hot!

Lisa's Notes: This is a great way to get kids to try out seafood. You can even chop the shrimp in half for smaller bite-size pieces. This casserole is comfort food and pairs great with a salad and French bread.

Spicy Shrimp Tacos

4 - eight inch flour tortillas

¾ tsp. salt

¾ tsp. smoked paprika

½ tsp. ground cumin

½ tsp. curry powder

1/8 tsp. cayenne pepper

1/8 tsp. ground cinnamon

24 large shrimp, peeled and deveined (6 shrimp per taco)

Chopped cilantro, lime wedges, plain yogurt, lettuce, tomato

Combine salt, paprika, cumin, curry powder, cayenne, and cinnamon. Sprinkle over shrimp and toss to combine. Thread shrimp onto skewers and grill until done or wrap in aluminum foil and grill until done. Heat tortillas in the oven or microwave until warm. Serve tortillas filled with spicy grilled shrimp and serve with the chopped cilantro, lime wedges, plain yogurt, lettuce and diced tomato.

Lisa's Notes: These shrimp tacos are fun and easy. You can serve them with a variety of toppings and everyone can make their own creation. You can also use this seasoning mix to grill your favorite NC fish and make fish tacos.

Marinated Shrimp-and-Artichokes

- 1/4 cup white balsamic vinegar
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons finely chopped green onion
- 3 tablespoons olive oil
- 1 (0.75-oz.) envelope garlic-and-herb dressing mix
- 1 pound peeled and deveined, large cooked shrimp, approximately 40 shrimp
- 1 (14-oz.) can artichoke hearts, drained and cut in half
- 1 (6-oz.) can large black olives, drained
- 1 cup halved grape tomatoes
- 1 (4-oz.) package feta cheese, cut into 1/2-inch cubes
- Small fresh basil leaves (optional)

1. Whisk together balsamic vinegar and next 4 ingredients in a bowl. Stir in shrimp and next 4 ingredients. Cover and chill 8 to 24 hours.

2. Stir in desired amount of basil just before serving. Serve with a slotted spoon.

Lisa's Notes: I found this recipe in Southern Living Magazine, November 2011 issue and it has become a favorite. Make it the day before and your work is done the day of any event or party.

Shrimp and Mozzarella Appetizer

½ pound peeled deveined, medium cooked shrimp

8 oz. fresh mozzarella balls or a large ball cut into pieces

8 oz. grape tomatoes

Saltine crackers, approximately 24 (more if you prefer)

Extra Virgin Olive Oil (Good Quality)

Salt and Pepper

Combine the first 3 ingredients. Drizzle with extra virgin olive oil and season with salt and pepper. Then add your crackers and stir.

Lisa's Notes: My sister Michele (whose kitchen you see each week on TV) came up with this concoction years ago and we added shrimp for the segment. We love it as a snack or appetizer. It is fresh and filling when you need something to hold you till dinner. To dress it up for a party, simply thread the ingredients (minus the crackers) onto a skewer, drizzle with olive oil and season with salt and pepper. You can always add a basil leaf or fresh cucumber too.

Pineapple and Shrimp Pizza

1 pizza crust

20 large shrimp, peeled, cooked and deveined

1/3 cup honey

½ Tablespoon low-sodium soy sauce

½ Tablespoon rice vinegar

½ fresh pineapple, cut into pieces

2 green onions, slice green and white parts

1 cup mozzarella cheese

Whisk together honey, soy sauce, and vinegar (reserve 1 Tablespoon). Spread the sauce onto the crust. Top with shrimp, pineapple, scallions and cheese. Bake at 350 degrees until the crust is cooked and the cheese is melted (10-12 minutes). You may need to broil the pizza a few minutes to brown the crust and melt the cheese. Drizzle with remaining honey mixture and serve.

Lisa's Notes: This is a simple pizza for the summer with a lighter sauce when compared to a typical marinara pizza sauce. Pizza is really a personal preference so try different sauces and ingredients and you can always add more or less of your favorites.